



# Looking Beneath our Surface Heart Health





# History of the Heart

Although times have certainly changed, the composition, construction, and function of our heart has not.



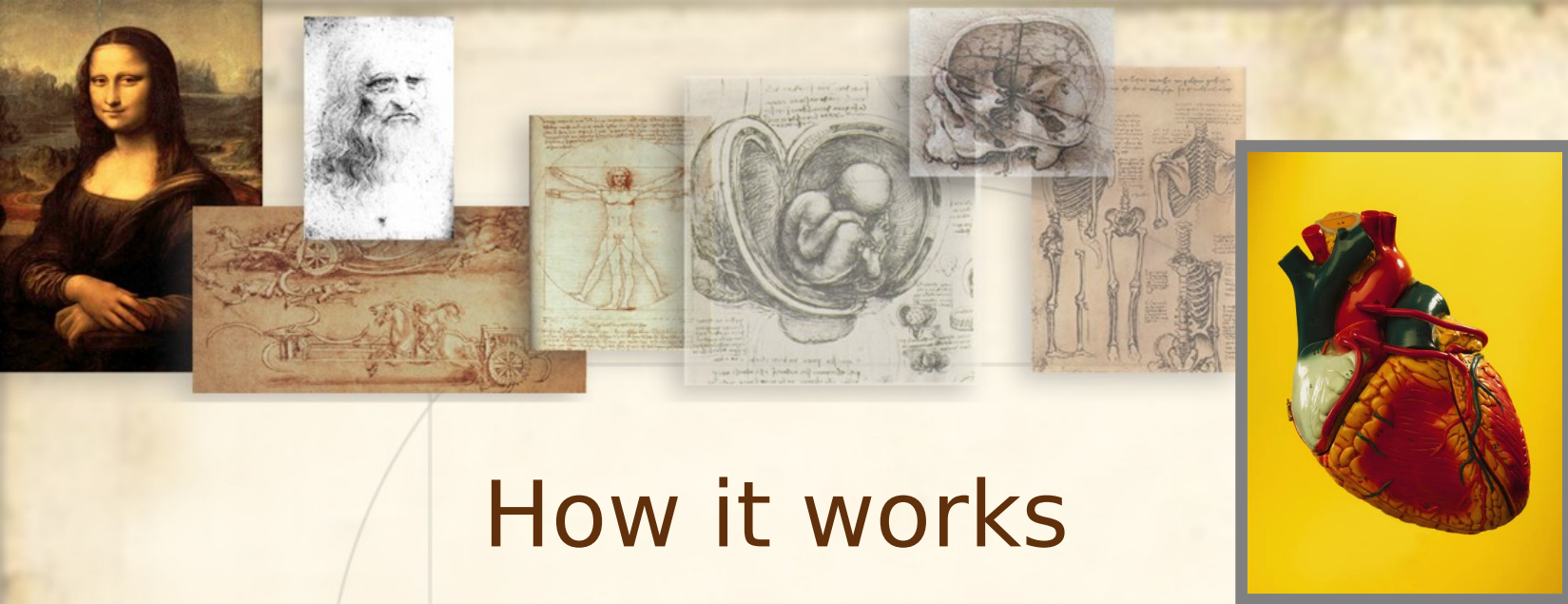


## Hearty facts

- Adult heart weighs about  $\frac{3}{4}$  of a pound
- Shaped like a cone with the point facing down the left side of the chest
- The cardiovascular system, composed of the heart and blood vessels, is a 60,000 mile long network!
- Each day the average heart beats 100,000 times and pumps about 2,000 gallons of blood
- In a 70-year lifetime, an average human heart beats more than 2.5 **billion** times
- We cannot live without our heart - so keeping heart healthy is a huge priority

(Mayo Clinic, 2001; American Heart Association,





## How it works

The heart is a muscular pump that circulates blood to your lungs, organs, and tissues of the body. When the heart beats (contracts) blood is delivered to the body. In the relaxed state between beats the heart refills with blood in preparation for the next beat cycle.

Click here to learn more about the heart's function:  
<http://www.americanheart.org/presenter.jhtml?identifier=1557>



# Factors leading to heart disease

- Some factors are hereditary and are beyond our control, therefore it is important to know your family history of heart disease
- Other factors adding to heart disease risk
  - High blood pressure
  - High cholesterol
  - Smoking
  - Poor diet
  - Sedentary lifestyle
  - Excess weight
  - High levels of stress





*During the Core 4 program, we discussed high blood pressure (hypertension) as a dangerous condition.*

Usually there aren't any symptoms, so the risks may be difficult to appreciate until they become a health crisis – and then it's too late for prevention.

Left untreated, hypertension can lead to:

- heart disease (the leading cause of death in the U.S.)
- stroke (3<sup>rd</sup> leading cause of death)
- kidney disease (9<sup>th</sup> leading cause of death)



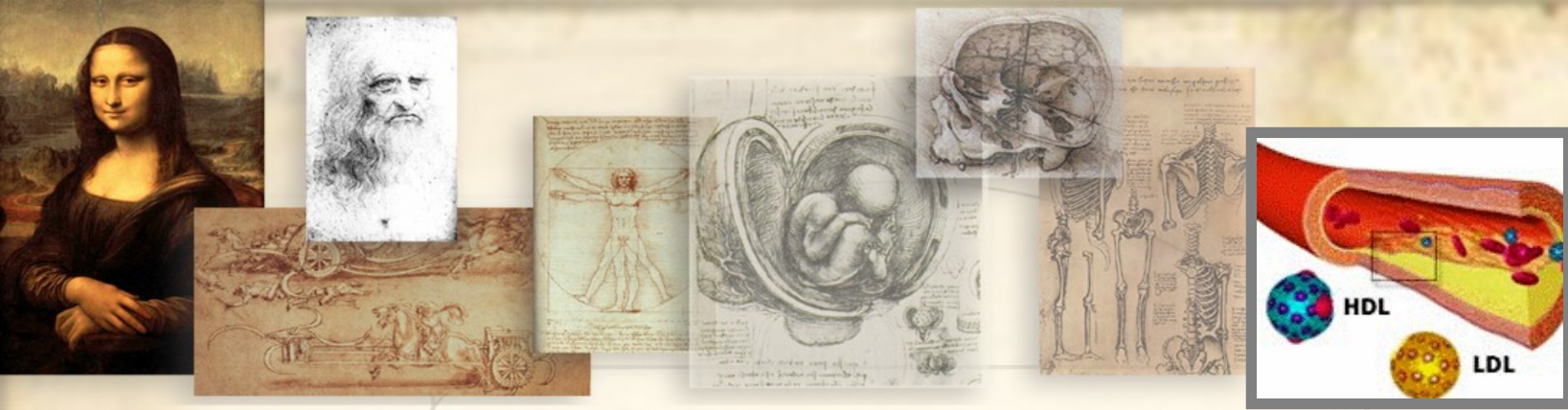
Controlling blood pressure is a priority for each of us. The Wellness Center staff has been measuring your blood pressure as part of the initial and follow-on assessments. *Do you know your numbers – and know what they mean?*

Please click here for more hypertension

[http://www.nhlbi.nih.gov/health/dci/Diseases/Hbp/HBP\\_WhatIs.htm](http://www.nhlbi.nih.gov/health/dci/Diseases/Hbp/HBP_WhatIs.htm)

Information:





# Cholesterol can clog the arteries

During the 6-week class you were offered a cholesterol screening exam. Whether or not you chose to be tested, understanding the importance of maintaining a normal cholesterol level is highly encouraged.

Please click here for more cholesterol information:

[http://www.nhlbi.nih.gov/health/dci/Diseases/Hbc/HBC\\_WhatIs.htm](http://www.nhlbi.nih.gov/health/dci/Diseases/Hbc/HBC_WhatIs.htm)





## Smoking?

*Time to kick that butt out of your life!*

Smoking puts the body at greater risk for many significant health problems. If you use tobacco products, smoking cessation classes or individual counseling sessions are available with the Community Health Nurse at the Stuttgart Health Clinic



For more information please call DSN 450-7122



# How to stay heart healthy

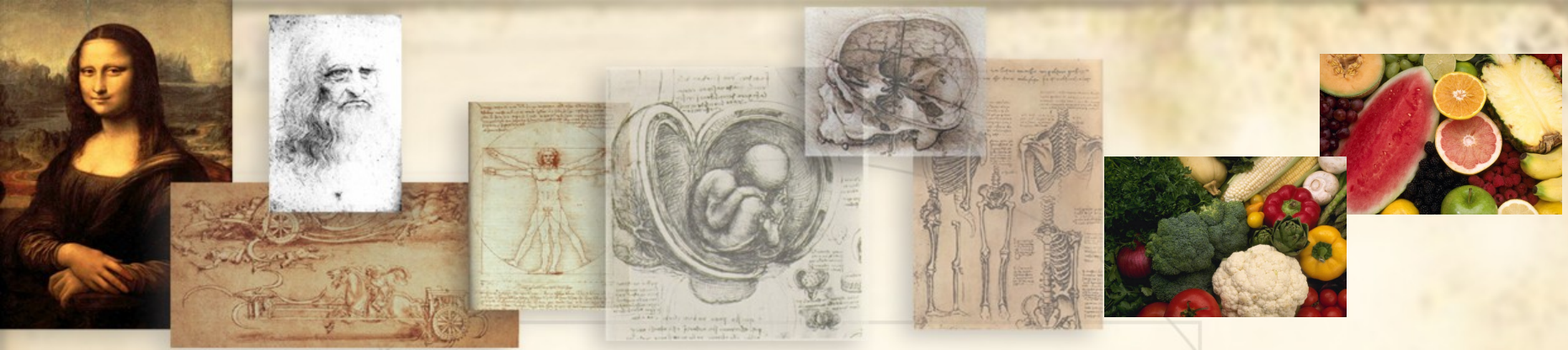
- Achieve and maintain a healthy body weight
- Follow a healthy eating plan
- Eat less salt and sodium
- Limit alcohol consumption  
(1 drink/day for women; 2 drinks/day for men)
- Regular physical activity
- Keep stress in check and keep life in balance
- Have regular health exams by a health care provider





## Sounding familiar???

All of the topics we discussed during the six Core 4 classes are found on the previous slide! You have already made a promise to yourself to make healthy changes, so while working toward your individual goals you are also taking good care of your heart 😊  
Keep up the good work!



## More resources you can use

Heart healthy recipes are available to keep food choices varied and interesting.

*Check out these sites:*

<http://www.deliciousdecisions.org/>

[http://www.nhlbi.nih.gov/hbp/prevent/h\\_eating/h\\_eating.htm](http://www.nhlbi.nih.gov/hbp/prevent/h_eating/h_eating.htm)

<http://www.mayoclinic.com/findinformation/recipes/RecIndex.cfm?SubGroupId=FBDF497C-DD0B-404F-A45F4AA5BBC30E6D>





# References

- MayoClinic.com. (2004, June 4). Healthy recipes center. Retrieved August 21, 2005, from <http://www.mayoclinic.com/findinformation/recipes/RecIndex.cfm?SubGroupId=FBDF497C-DD0B-404F-A45F4AA5BBC30E6D>
- National Heart, Lung, and Blood Institute (2004, August). What Is High Blood Pressure? Retrieved August 21, 2005, from [http://www.nhlbi.nih.gov/health/dci/Diseases/Hbp/HBP\\_WhatIs.html](http://www.nhlbi.nih.gov/health/dci/Diseases/Hbp/HBP_WhatIs.html)
- National Heart, Lung, and Blood Institute (2004, August). What Is High Blood Cholesterol? Retrieved August 21, 2005, from [http://www.nhlbi.nih.gov/health/dci/Diseases/Hbc/HBC\\_WhatIs.html](http://www.nhlbi.nih.gov/health/dci/Diseases/Hbc/HBC_WhatIs.html)



We are here for *YOU* 😊

- ***Walk-in Wednesdays*** from 0800 – 1700
- By appointment



Wellness Center Director 430-4073

Dietitian 430-7322

Nurse Educator – 430-4658

**Next week:**